

Appendix 14

Reflective Supervision Tool

Use this tool to structure reflective supervision for CASP-R intervention cases. Complete the practitioner sections before the supervision session. The supervisor uses the prompts to guide discussion. Not a clinical record.

PRACTITIONER SECTIONS – complete before supervision

Set out any recommended next steps, including continued CASP-R intervention work; referrals to other services; statutory actions; review timescales; or no further action.

Case identifier	Sessions delivered so far	Supervision date

The session that has stayed with me most since last supervision, and why:

My current formulation of this caregiver's protective capacity (what do I think is going on?):

Moments in recent sessions where I felt uncertain, uncomfortable, or out of my depth:

My honest view of this caregiver's progress:

☐	Good progress across identified domains
☐	Some progress but areas of concern remain
☐	Limited progress – significant concerns
☐	Deteriorating – risk has increased during the intervention

SUPERVISOR PROMPTS – use to guide discussion

Theme	Supervisor prompt
Risk	What is the current risk level? Has anything changed since last supervision? Are all escalation actions documented?
Clinical judgement	Is the practitioner's formulation evidence-based? Are there assumptions or biases influencing the assessment? What does the practitioner not know that they should?
Fidelity	Are the right sessions being delivered? Is the intervention matching the assessed need? Is the session rhythm being maintained?
Relationship	How does the practitioner describe the caregiver? Is there evidence of over-identification or distance? Is the therapeutic alliance described honestly?
Wellbeing	How is the practitioner? Any signs of vicarious trauma? Is their case load manageable? Do they need support?
Actions	What needs to happen before the next session? What decisions need to be made and by whom?

Actions agreed in supervision:

Supervisor signature	Practitioner signature	Date